

Strand: Learner Engagement - **Metacognitive Student Reflections**

In One Sentence Metacognitive Reflection helps students think about their thinking and evaluate their learning process.

What Research Says

Research suggests that students achieve more when they understand how they learn, monitor their progress, and reflect on the strategies that contribute to success (Hattie, 2023). Metacognitive reflection strengthens self-regulation by helping students identify what they learned, how they learned it, and what they still need to improve. When students regularly reflect on their thinking and learning processes, they become more independent, engaged, and effective learners (Hattie, 2023).

What's the Point?

- ✓ Develop metacognitive awareness
- ✓ Strengthen self-regulation and reflection
- ✓ Promote authentic engagement
- ✓ Support student ownership of learning

How Are They Used by Teachers?

- Provide structured reflection opportunities throughout learning.
- Facilitate student self-assessment and goal setting.
- Encourage students to explain their thinking using evidence.
- Analyze student reflections to identify strengths and misconceptions

How Are They Used by Students?

- Reflect on what they learned and how they learned it.
- Identify effective learning strategies.
- Evaluate effort, engagement, and understanding.
- Recognize strengths, challenges, and next steps.
- Set goals and make decisions about future learning.



Metacognitive Implementation Checklist

- ☐ Students are provided time to think about their learning.
- ☐ Reflection prompts focus on thinking, learning, or strategy use.
- ☐ Students explain their reasoning using evidence from learning tasks.
- ☐ Students identify what helped or hindered their learning.
- ☐ Students evaluate progress toward the learning target.
- ☐ Students identify a next step or future learning goal.
- ☐ Reflection informs future instruction and student action.